



# ST. STEPHEN THIS WEEK

## St. Stephen Lutheran Church Newsletter

### COMING NEXT WEEK: OUR VALENTINE'S PARTY

If you haven't finalized your plans for Valentine's Day yet, don't forget the brand-new option that Terri Albrecht-Schmitt is introducing this year: the St. Stephen Valentine Social. It's so easy: You just show up – by yourself, with a sweetie, with some pals, with your family, whatever you like. You'll be greeted by pizza, opportunities to bake cookies, chances to make crafts, and some of your favorite St. Stephen people. This social goes from 6:15 to 8:15 p.m. Friday, Feb. 14, in the fellowship hall. Questions? Call (850) 933-6173 or email [tjalbrechtschmitt@gmail.com](mailto:tjalbrechtschmitt@gmail.com).



### A LITTLE SONG, A LITTLE DANCE

Just nine days after Valentine's Day, your heart will be overflowing with gratitude for the people who take the St. Stephen stage. Ladies and gentlemen, it's time for the annual St. Stephen Mardi Gras Talent Show. Plans are still being made. Lawsuits are still being threatened. Things are in flux. BUT we can tell you that our very own pastor will be singing not one but TWO songs – including an ode to the Dollar Store. Plus, you'll be thrilled to hear that the Amazing Zing! Is fine-tuning his internationally famous act. And that's just for starters! How about ... you? Are you eager to entertain an audience of enthusiastic Lutherans? MC Lex Lutheran has operators standing by. Call him at (850) 222-5656 or email [rrhartung1@gmail.com](mailto:rrhartung1@gmail.com). The show is scheduled to begin at (roughly) 12:15 p.m. Sunday, Feb. 23 – immediately after ...



### ... A HIGH-OCTANE CHILI POTLUCK

Yes, nothing gets a talent-show audience warmed up quite like a chili potluck. This month, St. Stephen's potluck is on the FOURTH Sunday, not the third, to coincide with our festival of silliness known as the talent show. Silly, chili – they go together. So mark your calendar: Feb. 23, immediately after the liturgy, immediately followed by the show. Organizer Margaret Bowers tells us to look out for a SignupGenius link – so we can sign up to bring a special chili recipe, or sides, or dessert, or Tums. Questions? Call 407-921-8671 or email [ambowersfl@gmail.com](mailto:ambowersfl@gmail.com).

## GOOD STEWARDS OF THE NATURAL WORLD

A lot of St. Stephen people are bigtime protectors of plants, animals and the whole world around us. It's not separate from their faith life; it's inextricably intertwined with it. So you just might love this announcement.

Cara Fleischer, the Creation Care leader at Saint Paul's United Methodist Church

down the street, invites you to the next Tallahassee Green Faith Alliance meeting "to connect with other faith-based groups in our community that are striving to be good stewards of the earth." It's an interfaith group that meets with Tallahassee faith leaders "to explore ways to make our facilities more sustainable, to learn about gardening grants and other programs that engage our members, to understand the eco-justice concerns in our area, to engage

with our local leaders, and to pray for people in need and the beautiful earth that sustains us all."

The meeting isn't ideally scheduled for working stiffs: It's set for 11:30 a.m.-1 p.m. Thursday, Feb. 13, at Temple Israel (2215 Mahan Drive). But maybe a St. Stephenite who's free at lunchtime can attend and report back to the congregation. If you're thinking of going, tell Lori at 385-2728 – maybe you can go with a group. Meantime, visit the Tallahassee Green Faith Alliance Facebook page or send questions to Cara at (850) 755-2505 or [Cares4creation@gmail.com](mailto:Cares4creation@gmail.com).



TALLAHASSEE  
GREEN FAITH  
ALLIANCE

## FEELING AN ENERGY SHORTAGE?

By Caroline Collins, our trusty Healing Arts Alliance correspondent



Join the Healing Arts Alliance for an encore performance in our popular education series. "Grill the Gurus #2: The Energy Summit" will feature Jean Adrienne, Kim Forehand vanderLinde and Paige Apgar, 6:30-8 p.m. Tuesday, Feb. 11, in the fellowship hall. Bring your questions and prepare to grill these energy gurus.

Jean Adrienne created a tool in 2002 for clearing away the blocks that hold us back in any area of our lives. It has helped thousands to find their passion and get unstuck. She works with clients globally to help them step into their power and be who they came here to be. Her tool, InnerSpeak, is also a self-improvement technique that anyone can use, and she will show us how.

Kim Forehand vanderLinde was first trained in massage in the mid-1990s, then earned a Ph.D. in biological sciences (2004), which led her to Tallahassee for a research position at FSU. She began studying craniosacral therapy with the Upledger Institute in 2017 and returned to massage school in 2018 to earn her Florida license. She is research coordinator and teaching assistant for the Upledger Institute.

Paige Apgar is the owner of Soul's Light Energy Healing and works with clients in person and at a distance. She assists her clients in correcting physical, emotional and spiritual issues by connecting through body consciousness to the higher self and allowing it to guide and direct the work. She is an Eden Energy Medicine Advanced Practitioner, and blends hands-on healing with energy psychology, coaching and mindfulness techniques.

Full HAA member profile listings can be found by using the search function at <https://healingartsalliance.org/>

## A SLICE OF LAST SUNDAY'S SERMON

"... 'Do justice, love kindness, and walk humbly with your God.' These, like the Beatitudes, are not only wise insights but a pouring out of God's own goodness unto us. '**Do justice**' means that we seek not only a right order of society but do so while favoring the marginalized and forgotten. '**Love kindness**' means that we not only are kind but do actions that are 'lovingly-kind' and have mercy upon those who don't get it. '**Walk humbly with God**' means that on our journey we walk each step with intention to see those who are around us that are hurting -- and [see that] whatever errand we may be on, however important it seems to us, it is not so important that we ignore God...."



## 35th Annual Alzheimer's Disease Education & Training Conference

February 8th from 8am-3pm  
FSU College of Medicine  
\$10 | Lunch Included | Respite Available  
Register at: [bit.ly/35thalzconf](http://bit.ly/35thalzconf)



We have a full day of learning lined up for you on **February 8th** from 8am-3pm at the FSU College of Music. Visit our website to get to know the speakers and what they will be sharing with you at the

### 35th Annual Alzheimer's Disease Education & Training Conference.

We're excited to see you on February 8th!

*Follow the link at the top of this email to get more details about the conference and to get to know the speakers.*

HOSTED BY FIRST  
PRESBYTERIAN  
CHURCH

# TRUST WOMEN

Join us for a day-long conference about reproductive justice!

**FEBRUARY 8, 2020 | 9 AM -4:30 PM**

Guest speakers include:  
Dr. Rebecca Todd Peters  
Dr. A.D. Brickler  
Laura Hernández

REGISTER NOW BY EMAILING  
[CHRISTY@OLDFIRSTCHURCH.ORG](mailto:CHRISTY@OLDFIRSTCHURCH.ORG)  
LUNCH IS \$6, PLEASE NOTE ANY  
DIETARY PREFERENCES

Trust  
Women

A  
PROGRESSIVE CHRISTIAN  
ARGUMENT FOR  
REPRODUCTIVE JUSTICE

Rebecca Todd Peters



## UPCOMING BIRTHDAYS:

Chris Reece - 02/15  
Patrick Kennell - 02/18

## UPCOMING DATES

### This Sunday:

8:45 a.m. - Sunday Church School and Adult Study  
10 a.m. - Worship, Fifth Sunday after Epiphany

### Wednesday, Feb. 12:

6 p.m. - Church Vitality Prayer Group  
7 p.m. - Choir practice

## SERVING THIS SUNDAY:

**Pastor Tom**, Presiding, Preaching; **Barb ODonnell**, Assisting Minister; **Susan Warren**, Cup Minister; **Vince Muchuruza**, Crucifer; **Margaret Bowers**, Welcoming; **Phil Williams**, Walkways; **Barbara Ehlmann & Bryon Ehlmann**, Greeters; **Erin Kenney**, Lector; **Judi Duffy & Linda Eshleman**, Altar Guild; **Audrey Post & Billie Reardon**, Counters; **Pastor Tom**, Announcements



If you have news or photos to share,  
please send them to Lori at  
[ststephentallahassee@embarqmail.com](mailto:ststephentallahassee@embarqmail.com).

Don't forget our Facebook page:  
<https://www.facebook.com/ststephentallahassee>.

St. Stephen Lutheran Church, ELCA  
2198 N. Meridian Road | Tallahassee, FL 32303

The Rev. Tom Holdcraft, Pastor

*Edited by Lex Lutheran. Designed by Lori Zengel, office manager, [ststephentallahassee@embarqmail.com](mailto:ststephentallahassee@embarqmail.com).  
Website: <http://www.ststephenlutherantally.com/>*

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